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THE CARE & FEEDING of INFANTS

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THE

CARE AND FEEDING

OF

INFANTS

BOSTON, MASS.
MELLIN'S FOOD COMPANY
1905

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BOSTON MEDICAL
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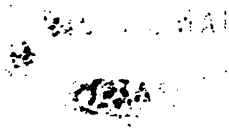
" We are advertised by our loving friends."



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MATTHEW MANN SMITH, JR.

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The FEEDING OF INFANTS

THE natural and therefore the best means, under normal conditions, of furnishing nourishment to the infant, is feeding from the mother's breast. Not only is breast milk the best food for the child, but it is equally true that maternal nursing confers great advantages upon the mother, for in consequence of the sympathy which exists between the breast and other organs, if the function of one is not fulfilled the others are likely to suffer. Fortunate indeed are both mother and child if the former can furnish and the latter can "draw from the breast an abundant supply of pure, health-giving, tissue-building food."

The Natural Way

Unfortunately, however, under the disturbing influences of modern civilization, normal conditions are the exception rather than the rule and very many mothers are prevented by health or circumstances from fulfilling their natural duties with advantage to their children. Deficient or defective lactation, disease, exhausted vitality or other causes frequently render maternal nursing impossible or undesirable, so that it becomes necessary to resort to the alternative of calling in the services of a wet nurse or to depend upon hand-feeding. A wet nurse offers the advantage of substituting for mother's milk, the milk of another woman. By this means natural

Sometimes Impossible

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feeding is still kept up but the conditions necessary to secure the services of a perfectly satisfactory wet nurse are so numerous and so difficult of attainment that, setting aside the question of expense, it is not surprising that recourse is had in most cases to so-called hand or bottle feeding.

Bottle-Fed Babies

It is commonly believed that there is a greater mortality among bottle-fed babies than among those raised upon breast milk. This may have been true in former years, but under the improved conditions of infant feeding, as now practised by the best methods, bottle-fed children have, in the struggle for existence, at least an equal chance with those nourished upon breast milk. Indeed, unless all the conditions surrounding natural nursing are of the very best, their chances are even greater. One of the most eminent specialists in children's diseases is the authority for the following: "There can be no doubt, though the statement is a bold one and seemingly contrary to nature, that, taking the average, infants properly brought up by hand are better developed and enjoy more perfect health than those completely breast-fed." (*Diseases of the Digestive Organs in Infancy and Childhood*, by Louis Starr, M. D., Clinical Professor of Diseases of Children in the Hospital of the University of Pennsylvania; Physician to the Children's Hospital, Philadelphia; 1886, page 339.)

Dr. John M. Keating states it as his opinion that "a child can be brought up on the bottle from the day of

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THELMA GERTRUDE LEES

its birth and be free from disease, become strong and healthy, provided the same attention is given to it as would be given by a mother to her new-born nursing babe." (*Maternity, Infancy, Childhood*, page 51.)

Dr. W. B. Cheadle, Consulting Physician to the London Hospital for Sick Children, says: "I believe that by proper management and precautions, all difficulties of the transfer from the breast to artificial feeding may be got over with absolute safety and in all respects satisfactorily, so that the child shall escape gastric troubles and shall thrive." (*Artificial Feeding of Infants*, page 45.)

THE ONLY PERFECT SUBSTITUTE FOR MOTHER'S MILK

Having decided that artificial feeding must be resorted to, one naturally turns to cow's milk in preparing a substitute for mother's milk. But cow's milk and mother's milk are not alike, and cow's milk, even under the most favorable conditions, is of such a nature that many infants cannot digest it.

Mellin's Food

Mother's milk contains four components combined in proportions suitable to the digestive powers of the infant.

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THE MASON TRIPLETS

First, the curd or casein (technically known as proteid), whose function is to supply material for growth and for renewal of the waste of the nitrogenous tissues of the body.

Second, the cream or fat, essential to the formation of nerve and muscle tissues.

Third, the sugar (technically speaking, carbohydrate), whose principal office is to supply heat and energy to the growing child.

Fourth, the salts, which supply constituents necessary to all the tissues and fluids of the body.

Cow's Milk and Mother's Milk Compared

Now, cow's milk contains these four things too, but they are not combined in the same proportions as in mother's milk. In the first place, there is about twice as much curd in cow's milk as in mother's milk, and — an equally important difference — the curd of cow's milk, when it enters the infant's stomach, is formed into a tough, co-

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herent mass, too hard to be softened and broken up by the digestive juices. Often constipation is the result. The curd of mother's milk, on the contrary, is so soft and flocculent that it is easily acted on by the digestive juices, and is by them made readily assimilable by the infant organism. In the second place, there is only half as much sugar or carbohydrate in cow's milk as the infant needs. In the third place, the salts of cow's milk are not of the right kind, and in the fourth place, cow's milk is acid in reaction while mother's milk is alkaline.

It is evident, then, that there are five things which must be done to cow's milk to make it digestible by the infant — the proportion of curd must be lessened, the hard curd must be softened, the sugar must be increased, the character of the salts must be changed and the reaction must be made alkaline.

Mellin's Food Modifies Milk

The first of these five changes can be made by adding water, for the more water added, the smaller will be the proportion of curd or casein. Mellin's Food will make the other four changes. Let us see how. Mellin's Food is composed almost entirely of sugar (not cane sugar, but maltose or malt sugar, and dextrine. Cane sugar is fermentable and should never be given to a young child. Maltose and dextrine are not fermentable), therefore Mellin's Food will increase the amount of sugar or carbohydrate. Mellin's Food, when mixed with milk and allowed to stand a little while, will soften the hard curd and make it light and flaky as that of

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The Salts mother's milk. Finally, the salt which predominates in Mellin's Food and which helps to make Mellin's Food alkaline in reaction is potassium. Potassium is the predominating salt in mother's milk, too, but not in cow's milk. Potassium is the salt most needed and used by the blood and tissues of the body. Therefore if Mellin's Food is added to the milk, not only will the reaction of the mixture be alkaline, but the character of the salts will be so changed as to resemble those in mother's milk and to be in the form required by the infant.

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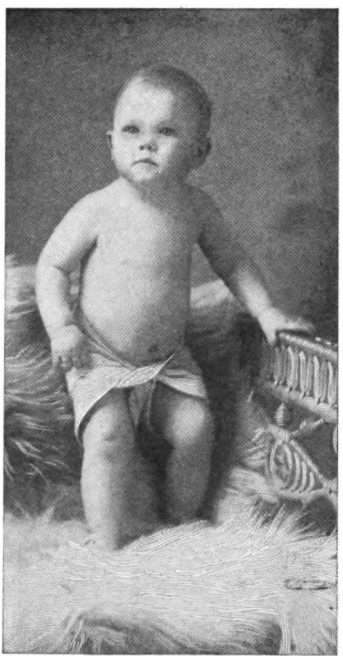
MELLIN'S FOOD—WHAT IT IS AND WHAT IT DOES

LET us look a little more carefully at Mellin's Food and see just why it is the *best* modifier of cow's milk.

The Chemist, Liebig, many years ago, in devising a formula for an infant's food, made use of the well known fact that malt contains "diastase," a ferment capable, under proper conditions, of converting the starch of flour into maltose, or malt sugar, and dextrine, as starch is similarly converted by the salivary diastase in the adult — a power which, however, the young infant does not possess, as there is no formation of saliva during the first few months of life.



THOMAS H. JACKSON

Liebig

Liebig was personally interested in making his food perfect, for it was to be used by two of his own grandchildren whose mothers could not nurse their offspring. He directed that the food should be prepared from

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DOROTHY OLIVER

G. Mellin

wheat, malted barley, water, cow's milk and a small amount of potassium bicarbonate. Correct and ingenious as were the principles which Liebig followed, the difficulty of preparation was so great as to make it impossible for every busy mother to prepare the food at home.

Gustav Mellin, Chemist, London, England, after years of experiment and patient effort, after many trials and many failures, succeeded in perfecting a process by which he made use of all materials used by Liebig except the milk and water, thereby manufacturing Liebig's food in a form adapted to the limitations of the home. All that is necessary to reproduce Liebig's original modified milk is to combine the proper proportions of Mellin's Food, milk and water.

Mellin's Food is a carefully and scientifically prepared extract of malt and wheat; it is dry, perfectly soluble, of uniform composition and keeps perfectly in any climate. It is prepared under scrupulously clean surroundings and the materials entering into its composition are of the highest grade of quality. Mellin's Food does not contain starch, dried milk, cane sugar, husks or an atom of any element indigestible or undesirable in an infant's food, but on the contrary it does contain all those ele-

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ments which are desirable and which go directly to the building up and nourishment of a baby's body. It produces firm flesh, strong limbs, sound teeth and healthy bodies that defy disease.

When Mellin's Food is added to fresh cow's milk, it softens the casein, making it light and digestible like the casein in mother's milk; it supplies the carbohydrates, the proteids and the salts necessary to make up the deficiency of the constitutents in cow's milk and shows both chemically and physiologically the closest resemblance to mother's milk. Mellin's Food has been in practical use for over thirty years by many thousands of mothers and is prescribed and recommended by physicians throughout the world.

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INFANTS

IT is impossible to prescribe exact quantities and proportions for a growing child, or to make hard and fast rules which must be followed to the letter in every case, since no two children are alike in their requirements or in their powers of digestion. Some children need less nourishment than others, some need more, and the judgment of the mother or nurse must therefore be exercised regarding the proportions of Mellin's Food, milk and water needed by an infant.

In preparing the food according to any one of the formulas on pages 17 to 21 and in feeding the child, observe carefully the following important precautions. Remember that Mellin's Food is not a medicine. The directions given are for preparing Mellin's Food as a **food.**

Follow Directions Carefully

1. **Dissolve the Mellin's Food in the water and add the milk.**

2. **Do not add sugar.** Cane sugar is fermentable and should never be part of a young child's diet. Mellin's Food contains an unfermentable sugar — maltose.

3. **Mix the Mellin's Food with the water and milk some time before it is required for use.** The *best*

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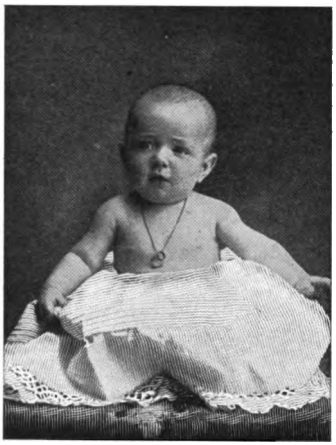
way to do is to prepare in the morning enough food to last during the daytime, and to prepare in the evening enough for the night feedings. This allows time for the Mellin's Food to soften thoroughly the curd of the milk.



CHARLES GRIDLEY HAZEN

4. Keep the prepared food on the ice or in a cool place. Keep it in a covered jar that it may not be contaminated, for milk readily absorbs odors. A glass jar such as is used for putting up preserves is just the thing.

5. When the child is to be fed, stir the mixture thoroughly and heat to about 98° F. enough for one meal. (See page 24 for quantity of food and frequency of feeding.) Either heat the right amount over an alcohol lamp and pour it into the nursing-bottle, or pour it into the nursing-bottle first and then heat it by placing the bottle in hot water. The mother or nurse should always try it herself before giving it to the child. When the liquid is comfortably warm to the mouth it is of the right temperature.

6. Throw away any food remaining in the feeding-bottle at the end of a meal. Never lay it aside to be warmed again for the next meal.

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7. When the child has had enough, remove the bottle from his sight and do not feed him again until time for the next meal. (See page 24 for quantity of food and frequency of feeding.) It is, perhaps, not always easy to tell when the child has had enough. Usually the first show of indifference is a sign that he is satisfied. Some children, however, like to take their meals slowly, stopping to rest for a few seconds and then eating a little more. Others prefer to take it all at once. If your child prefers to eat slowly, let him, but do not allow him to get into the habit of dallying with the bottle and thus unnecessarily prolonging his meal.

8. Keep the feeding bottle and the nipple scrupulously clean. Immediately after each feeding wash the bottle with warm water in which is dissolved a little cooking-soda. Scrub the inside with a brush. Thoroughly rinse the bottle out with plain water. Turn the nipple inside out, wash it and thoroughly cleanse it by rubbing it with the moist fingers. After the bottle and nipple are thoroughly clean keep them in cold water until again required for use. It is better to have two bottles and nipples and use them alternately. Be sure the brush too is kept clean. Wash and rinse it thoroughly after each washing of the bottle. It is impossible to be too careful in the matter of cleanliness.

9. In changing from one formula to another, as the child grows older, do not make too abrupt

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EARL FRANCIS WATTS

a change in the proportions. For example, the formula for four months prescribes 10 teaspoonfuls of Mellin's Food; the formula for five months prescribes 13 teaspoonfuls of Mellin's Food. Do not on the day on which the child becomes five months old make a sudden change from ten to thirteen teaspoonfuls of Mellin's Food; but three or four days before he is five months old increase the Mellin's Food by a very slight quantity. Increase it a little more the next day and so on, until the proper proportion for a five months old child is reached. Make a similar gradual change at the same time when increasing the milk and when decreasing the water. Make similar gradual changes in lengthening the intervals between feedings.

FORMULAS

For Preparing Mellin's Food

4 teaspoonfuls = 1 tablespoonful.
32 tablespoonfuls = 1 pint.

FOR A CHILD UNDER ONE MONTH OF AGE.

Mellin's Food	4 teaspoonfuls (level)
Milk	8 tablespoonfuls
Water, hot	24 tablespoonfuls

Dissolve the Mellin's Food in the water by stirring. Then add the milk, mix thoroughly and place it on the ice in a covered jar. At feeding time, stir thoroughly and pour out enough for one feeding.

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FOR A CHILD ABOUT ONE MONTH OLD.

Directions

Mellin's Food	5 teaspoonfuls (level)
Milk	10 tablespoonfuls
Water, hot	22 tablespoonfuls

Dissolve the Mellin's Food in the water by stirring. Then add the milk, mix thoroughly and place it on the ice in a covered jar. At feeding time, stir thoroughly and pour out enough for one feeding.

FOR A CHILD ABOUT SIX WEEKS OLD.

Mellin's Food	5 teaspoonfuls (level)
Milk	12 tablespoonfuls
Water, hot	20 tablespoonfuls

Dissolve the Mellin's Food in the water by stirring. Then add the milk, mix thoroughly and place it on the ice in a covered jar. At feeding time, stir thoroughly and pour out enough for one feeding.

FOR A CHILD TWO MONTHS OLD.

Mellin's Food	6 teaspoonfuls (level)
Milk	13 tablespoonfuls
Water, hot	19 tablespoonfuls

Dissolve the Mellin's Food in the water by stirring. Then add the milk, mix thoroughly and place it on the ice in a covered jar. At feeding time, stir thoroughly and pour out enough for one feeding.

FOR A CHILD THREE MONTHS OLD.

Mellin's Food	1 tablespoonful (heaping)
Milk	16 tablespoonfuls
Water, hot	16 tablespoonfuls

Dissolve the Mellin's Food in the water by stirring. Then add the milk, mix thoroughly and place it on the ice in a covered jar. At feeding time, stir thoroughly and pour out enough for one feeding.

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Directions

FOR A CHILD FOUR MONTHS OLD.

Mellin's Food	10 teaspoonfuls (level)
Milk	19 tablespoonfuls
Water, hot	13 tablespoonfuls

Dissolve the Mellin's Food in the water by stirring. Then add the milk, mix thoroughly and place it on the ice in a covered jar. At feeding time, stir thoroughly and pour out enough for one feeding.

FOR A CHILD FIVE MONTHS OLD.

Mellin's Food	13 teaspoonfuls (level)
Milk	21 tablespoonfuls
Water, hot	11 tablespoonfuls

Dissolve the Mellin's Food in the water by stirring. Then add the milk, mix thoroughly and place it on the ice in a covered jar. At feeding time, stir thoroughly and pour out enough for one feeding.

FOR A CHILD SIX MONTHS OLD.

Mellin's Food	2 tablespoonfuls (heaping)
Milk	24 tablespoonfuls
Water, hot	8 tablespoonfuls

Dissolve the Mellin's Food in the water by stirring. Then add the milk, mix thoroughly and place it on the ice in a covered jar. At feeding time, stir thoroughly and pour out enough for one feeding.

FOR A CHILD EIGHT MONTHS OLD.

Mellin's Food	2 tablespoonfuls (heaping)
Milk	26 tablespoonfuls
Water, hot	6 tablespoonfuls

Dissolve the Mellin's Food in the water by stirring. Then add the milk, mix thoroughly and place it on the ice in a covered jar. At feeding time, stir thoroughly and pour out enough for one feeding.

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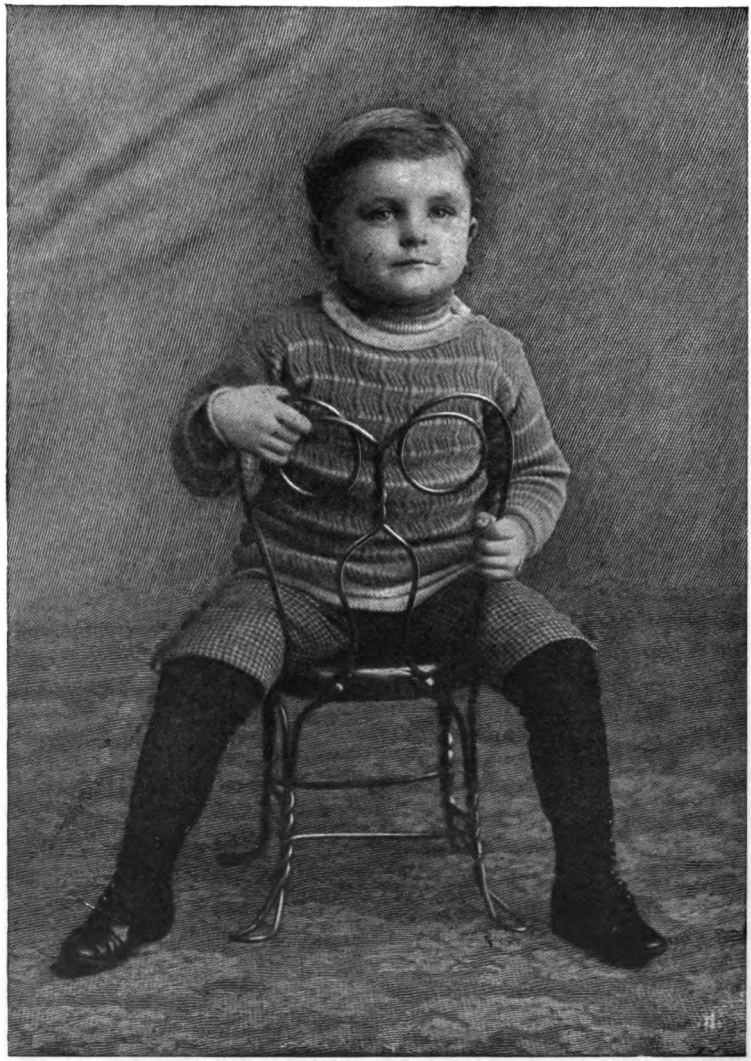

KENNETH LESTER FOX.

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FOR A CHILD TEN MONTHS OLD.

		Directions
Mellin's Food	2 tablespoonfuls (heaping)	
Milk	28 tablespoonfuls	
Water, hot	4 tablespoonfuls	

Dissolve the Mellin's Food in the water by stirring. Then add the milk, mix thoroughly and place it on the ice in a covered jar. At feeding time, stir thoroughly and pour out enough for one feeding.

FOR A CHILD ONE YEAR OLD.

Mellin's Food	2 tablespoonfuls (heaping)
Milk	30 tablespoonfuls
Water, hot	2 tablespoonfuls

Dissolve the Mellin's Food in the water by stirring. Then add the milk, mix thoroughly and place it on the ice in a covered jar. At feeding time, stir thoroughly and pour out enough for one feeding.

Remember that these formulas are not hard and fast rules, to be followed exactly in every case.
With the health of the child as a guide, the mother or nurse must use her judgment in determining the correct proportions of Mellin's Food and milk and water, changing them to suit the varying conditions of the child.

THE COW'S MILK

The milk used in the preparation of Mellin's Food should be pure, fresh, cow's milk of good average quality. Extra rich milk, with a large excess of cream, can be digested by few infants, while thin milk, poor

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ALINE J. MARTIN

in fat but rich in casein (cheese), is still more objectionable. Milk from a herd of cows, properly fed and cared for, is likely to be more uniform in quality and composition than "one cow's milk." Milk should be obtained from a dealer who keeps his own cows and whose farms are near enough to the customer to enable him to supply the morning's milk on the day of delivery. The milk should be absolutely free from any added coloring, soda, antiseptic or any foreign substance and should be delivered and kept in glass jars. Tin cans with wooden stoppers are very difficult to keep clean and are a frequent source of impurity.

Care of Milk

Keep the milk in a cool place — the ice chest if possible — but as milk easily becomes tainted by the odor of fish, meat, or vegetables, care must be taken by keeping the jar covered to avoid exposing it. Never use a cork or wooden stopper. If the milk is pure and fresh it will keep at least twenty-four hours. Milk which sours in less than that time should be rejected.

As pure cow's milk may vary somewhat in its conditions, it sometimes may disagree seriously with an infant although showing no impurity by appearance, taste or analysis. A change in the source of supply will generally cause this trouble to cease.

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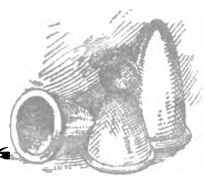
PURE WATER

Too much care cannot be exercised in being sure that the water used in the preparation of Mellin's Food is free from impurity. Filtered or spring water should be used if possible. Good water is free from color or sediment and has no odor on boiling. In many houses the water comes from tanks and not directly from the service pipes. It should be allowed to run for a few minutes before it is drawn off for use. If there is the slightest suspicion of the quality of the water, it must be thoroughly boiled. By this means excessive hardness is reduced and organic impurities rendered harmless.

THE NURSING-BOTTLE

The nursing-bottle should be smooth on the inside and of such a shape that it can be easily, quickly and thoroughly cleaned. The nipple, with two small holes, should be attached directly to the bottle by slipping over the neck. Never use a bottle with a stopper or long rubber or glass tubing. It is impossible to keep it clean and sweet, especially in warm weather. The nipple should be conical in shape and should be capable of being turned inside out in order to properly clean it. Black or so-called "pure gum" rubber is better than rubber of lighter color, which always contains more or less mineral impurities. The opening in the top of the nipple must be of such size that the milk will not flow



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without suction, since if too large, the child will feed too fast. It is a great advantage to have two or more bottles of the kind selected and several nipples.

At the end of each feeding, the nipple must be removed from the bottle, turned inside out and thoroughly washed by rubbing with the fingers. The bottle must be cleansed with soda and carefully rubbed in every part with a bottle brush. This brush must be kept perfectly clean and should be washed and dried each time it is used. The bottle, after being well rinsed, may be filled with water and set aside for the next feeding. Once each day the bottle should be allowed to remain in boiling water for a short time.

A new nipple always has the taste of rubber, to remove which requires prolonged soaking. Several nipples should always be at hand, ready for instant use, and should be kept in a glass of water to which a little soda has been added. When required for use, the nipple should be carefully rinsed and wiped before being attached to the nursing-bottle.

Cleanliness

One cannot be too particular in regard to the absolute cleanliness of the bottle, nipple and brush. A single bottle of tainted milk may cause severe and even fatal sickness, and the slightest particle of decomposed milk left on any part of the feeding apparatus may render the milk subsequently placed in the bottle, not only unfit for use, but actually dangerous. After the infant is fed, always throw away what remains in the feeding-bottle, and on no account use any of it for a subsequent meal.

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POSITION WHEN FEEDING

FLORA CAROLINE HOLTON

Hold the Baby

The child should be held in the arms when feeding, in the same position as if it were being nursed by its mother. In this way the loss of bodily heat is prevented, the child is less likely to choke than if lying on his back and the digestion proceeds more satisfactorily. The bottle must never be left in the infant's care to use at will but should be held in the mother's hand, at first horizontally but gradually more and more tilted as it becomes emptied, the object being to keep the neck of the bottle always full and prevent the drawing in of air. Ample time should be given for the meal. It is best to withdraw the bottle occasionally for a brief rest. The sucking of the empty bottle must not be allowed even for a moment.

A consumer of Mellin's Food complained that the vomiting, which had existed for some time previous to using the food, had not been arrested. Upon inquiry it was found that the child was placed, when feeding, in a prostrate position, lying in his cot with his feeding-bottle. The half-reclining attitude in his mother's lap was

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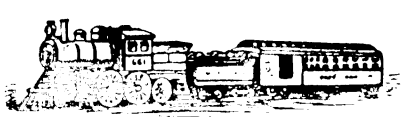
recommended. The vomiting instantly ceased, and the child began to thrive upon his new food.

QUANTITY OF FOOD AND FREQUENCY OF FEEDING

Regularity Regularity in the times of feeding is of prime importance. It is a great mistake to feed a baby every time it cries, for the stomach must have time for digestion and afterwards time for rest. The mother must exercise her judgment in feeding the child, giving only as much as it needs and remembering that children vary in eating just as grown people do. A delicate child may not require more than half as much as one that is strong and vigorous. The stomach of an infant a week old holds only about three tablespoonfuls, but there is a very rapid increase in the capacity of the stomach during the first two months and a gradual increase thereafter. For the first two weeks, therefore, the quantity given at each feeding should be moderate but the meals should be frequent, not more often than every two hours, however. Two to four tablespoonfuls will be found to be sufficient, this quantity being gradually increased as the baby grows older, while the periods of feeding should be lengthened to once every three hours. After the baby is two months old, he ought, if he is well, to sleep quietly between eleven at night and five in the morning.

If the baby be dissatisfied or ravenous after a meal which in quantity seemed sufficient, a little more Mellin's Food



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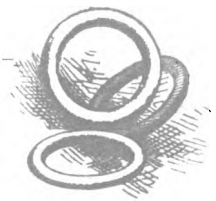
may be added, with possibly a little more milk and a little less water.



INTERVALS OF FEEDING AND AMOUNTS AT EACH FEEDING ACCORDING TO AGE

AGE	Intervals Hours	No. of feedings in 24 hours	No. of night feedings between 10 P. M. and 6 A. M.	Average amount at each feeding Tablespoonfuls	Average total amount in 24 hours Tablespoonfuls
1 week	2	10	2	2	20
2 weeks	2	10	2	3	30
4 weeks	2	9	1	5	45
6 weeks	2½	8	1	6	48
8 weeks	2½	7	1	7	49
3 months	3	7	0	8	56
4 months	3	7	0	9	63
5 months	3	6	0	11	66
6 months	3	6	0	12	72
7 months	3	6	0	13	78
8 months	3	6	0	14	84
9 months	3	6	0	14	84
10 months	3	5	0	17	85
11 months	4	5	0	18	90
12 months	4	5	0	18	90

The above table may serve as a guide in the matter of quantity to be given at a feeding and intervals between

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feedings according to the age of the child. It must be remembered, however, that this table is not a hard and fast rule to be followed in every case. It is an *average* table made by taking the average of the requirements of several hundred children no two of whom were exactly alike.

As Baby Grows Older

As in changing from one formula to another, so in lengthening the intervals between feedings and in increasing the quantity given at one feeding an abrupt change must not be made. For example, in this table, a little way down the column headed "Age" we find "8 weeks" and directly under this "3 months." Opposite the words "8 weeks," in the column headed "Intervals, hours" we find the figures "2½." Opposite the words "3 months" we find in the same column the figure "3." This means that when the child is two months old he is fed every two hours and a half and when he is three months old he is fed every three hours. But it does not mean that on the day he becomes three months old the interval between two feedings is to be suddenly increased from two hours and a half to three hours. On the contrary the change should be a gradual one. A few days before he is three months old the interval between feedings should be increased by say five minutes, a little more the next day and so on, so that by the time he is three months old the intervals between meals will be about three hours. This table is only a suggestion and is not to be followed absolutely.

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The rule to be followed is the child himself. If he seems to be hungry he should be fed more often, or perhaps have a little more at each meal. Careful watching and studying of baby's disposition will show whether or not he is contented with his food.

DOUGLAS AVERY McKENZIE

CONDENSED MILK

We do not advise the use of condensed milk, but sometimes fresh milk cannot be had, and then condensed milk may be the best substitute, as a temporary expedient only, however. As with fresh milk, the proportions of Mellin's Food and condensed milk and water must be varied to suit the individual case.

Care in Measuring

Mix the condensed milk with sufficient water to produce milk of ordinary strength, as directed on the can. Use the milk so prepared, with Mellin's Food and water as directed in the tables given. Do not dip the measuring spoon into the can but use a second spoon. After opening the can, it should be kept carefully covered to avoid dust and other impurities. As soon as possible the return to fresh milk should be made.

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MARY E. ROWSE

THIRST

The baby often suffers from thirst and this may be mistaken for hunger. A little warm or cool water should occasionally be given, a teaspoonful at a time to a very young baby. There will then be very much less danger of overfeeding. Never give ice-water nor very cold water. The possibility that the child may be thirsty and not hungry seems rarely entertained. A liquid food is not at the same time a drink, which is capable of satisfying the thirst of an infant; often the child cries for nothing but thirst.

IMPORTANCE OF MALTOSE

Starch Undesirable

When the infant has been fed on improper food, such as farinaceous foods (foods which contain starch) or simply milk and water, the want of the maltose form of sugar, which is the heat-producing substance, is soon recognized. The heat in the child's body quickly wanes and disorders of respiration and circulation quickly follow.

The prevalent idea that thick food is the most nourishing is very erroneous; thick pap cannot be digested at all, much less can it be nourishing. Mother's milk is quite thin, yet very nourishing, and it is a great advan-

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tage that Mellin's Food, when prepared for use, is thin like breast milk.

"I admit that with farinaceous feeding, an increase in the bulk of the infant is speedily obtained, but also know that health in the future is risked by this practice. Children fed in this way declare their weakness usually about the end of the first year."—Lewis W. Marshall, M. D., Hon. Surgeon, Children's Hospital, Nottingham, England. (*London Lancet.*)

Mellin's Food and Water

When it happens that a baby cannot retain milk upon his stomach, the Mellin's Food may be used dissolved in water alone, or in barley water, for a few days.* As thus prepared, it may, and often should, be given cold. When the stomach regains its tone, add milk gradually and with caution.

Scald the Milk

If the discharges from the bowels are green and watery, scald the milk; dissolve the Mellin's Food in the water, mix with the scalded milk and strain through a cloth. This does not mean that Mellin's Food is a medicine. It is a Food.

The condition of the child's stomach and bowels can be easily regulated by varying the proportions of Mellin's

* Barley water is made as follows: Take of best pearl barley three teaspoonfuls; wash it first with cold water, then with hot water; then boil it with a pint and a half of water slowly down to a pint and strain; in this dissolve the Mellin's Food.

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Vary the Proportions

Food, milk and water. It should be remembered that an infant is ordinarily unable to digest cow's milk; the result may be constipation, looseness of the bowels, or the vomiting of curds. If a larger proportion of Mellin's Food is added to the milk and water, it will usually overcome any of these troubles. Mellin's Food when added in sufficient quantity changes the properties of the milk, rendering it digestible.

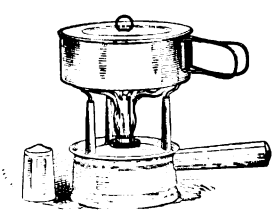
REGULATE THE DIET IN CONSTIPATION

Increase the Mellin's Food

This trouble is caused by the inability of the child to properly digest the milk, and therefore a larger proportion of Mellin's Food must be added; in some cases it is advisable to decrease the proportion of milk at the same time. Between the feedings, cool water should be given to the baby and should be used freely upon the first indication of constipation. Care should be taken to keep the feet and limbs always warm. "With feeble digestion comes constipation, or its opposite, diarrhœa." (Dr. Louis Starr, in *Hygiene of the Nursery*.)

REGULATE THE DIET IN DIARRHOEA AND CHOLERA INFANTUM

A child that is ill with cholera infantum should be under a physician's care and these directions are only for the preparation of the child's food in such cases. When a



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HERSEY PEARL BABCOCK

baby, sick with diarrhœa or cholera infantum, or much reduced by digestive disturbance, cannot retain milk upon his stomach, no hope of relief can be entertained until this is excluded from the diet, since it seems at such times to act as an irritant. In such cases, Mellin's Food should be prepared with water alone, or with barley water, dissolving a tablespoonful of the Food in half a pint of the hot liquid. As thus prepared, it may, and often should, be given cold; and if vomiting and purging is severe, a teaspoonful only should be given at a time, repeating it at intervals of ten minutes. When the vomiting and purging have been arrested, the child can be allowed to suck from the bottle. After a couple of days have elapsed without the return of these symptoms, a little milk may be cautiously added to the diet; this may be very gradually increased as the child's stomach can bear it. In the summer diarrhœa of infants, the child may seem to be hungry when, in reality, he is thirsty, and food being given, his stomach is overtasked and the complaint is aggravated. Water

Exclude Milk

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ALEXANDRA JULIAN

should therefore be frequently given. Cold is a common cause of diarrhœa in children and care should be taken to shield them from sudden change of temperature.

If the first few meals of Mellin's Food produce a looseness of the bowels, this must not be mistaken for diarrhœa, however, for the evacuations of an infant should be semi-liquid, and in a day or two this normal state will be regularly observed.

REGULATE THE DIET WHEN VOMITING OCCURS

Precautions

If the prepared food in any case seems to disagree, the mother or nurse should at once satisfy herself whether the fault is with the milk, with the method of preparation of the Food, or the way in which it is given. Sometimes milk from one source disagrees when milk from another agrees perfectly; too large a quantity of the prepared food may have been given at once; the meals may have been too frequently repeated; the milk, originally sweet, may have turned sour from keeping, or be at the point of turning; or the whole secret may lie in a slight uncleanness of the feeding apparatus, which has escaped notice. If the baby cannot retain milk on his

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stomach, Mellin's Food dissolved in warm water only can be used for a few days; it is often best to give it cold (never lukewarm), in small amounts frequently repeated. In some cases Mellin's Food dissolved in barley water has given excellent results. (A rule for preparing barley water will be found on page 29.) As soon as the stomach regains tone, add a small quantity of milk and increase the amount gradually and cautiously until the proportions of Mellin's Food, milk and water adapted to the age of the child are reached.

HEALTHY INFANT'S PERFECT FOOD

An important point to remember at all times is *do not give too little milk.* Whenever it is necessary to use a small proportion of milk it should be given for a short time only and the quantity of milk should be gradually increased until the full amount is reached. The full proportions of Mellin's Food and milk and water make the healthy infant's perfect food.

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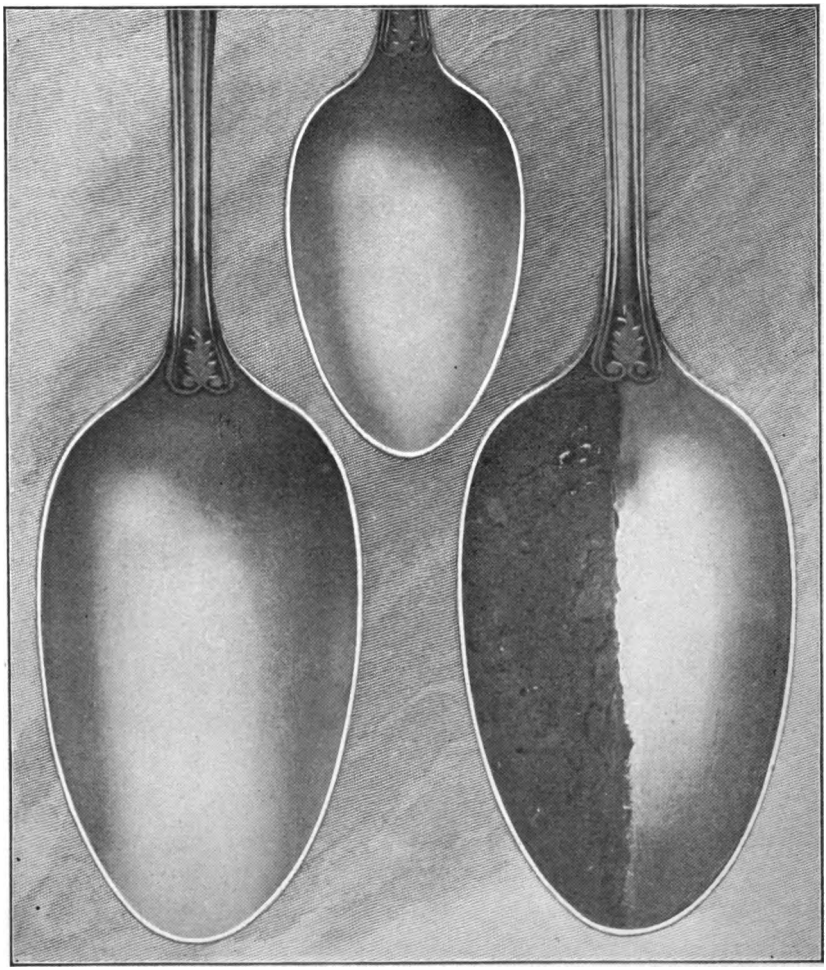

EXACT SIZE TABLESPOON AND TEASPOON, ALSO SHOWING CORRECT WAY OF MEASURING ONE-HALF SPOONFUL

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The NURSERY

RUTH GORDON JONES

Baby's Room

THE situation, size, general arrangement and furnishing of a nursery will necessarily vary according to the circumstances of the parents; we shall, therefore, in what follows consider only those conditions which are the most essential.

The baby's room should be bright, sunny, dry and with a southern exposure. Pure, fresh air is a matter of the highest importance if the good health of the child is to be maintained. "No class of diseases is, perhaps, more directly influenced by the conditions of the air as to purity than digestive troubles — from simple diarrhœa to the dreaded cholera infantum." (*The Baby: How to Keep it Well* — Dr. J. B. Dunham.) The room ought to have as much air space as possible and there should be at least one thousand cubic feet to each individual occupying it. A constant and abundant supply of pure air must be secured but care must be taken to avoid draughts. In addition, the room should be thoroughly aired at least once a day by opening wide the windows when the child is

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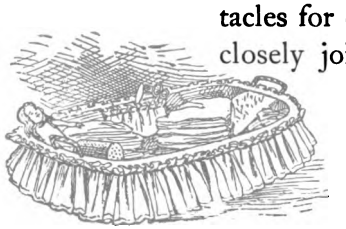
WILLIAM WALLACE ALLEN

absent, taking care that the room is well warmed before he enters it again. The temperature should range from 68° to 72° F. in the daytime and from 64° to 68° F. at night. The room should be provided with a thermometer hung in some position where it records mean temperature: not too close to the source of heat nor near the windows where it may be unduly chilled. Not only should there be an abundant supply of pure air in the nursery but the air should be kept pure by attention to the following points. Tobacco-smoking should not be allowed in the baby's room. It is well to remember that the burning of gas or kerosene rapidly spoils air for breathing. A large lamp or gas burner vitiates the air to the same extent as the breathing of four or five persons.

Pure Air

Soiled napkins and vessels containing evacuations should be promptly removed. Diapers and clothing must never be dried in the room which the child occupies, for independent of the dampness thereby induced, the odor given off is intensely unwholesome and offensive. The furniture of the nursery should be plain and simple: carved wood and thick upholstery are receptacles for dust. The floor should, if possible, be of hard, closely joined wood. Movable rugs are far preferable



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to carpets, as they permit more frequent and thorough cleansing both of the carpeting and the floor. Painted walls are better than those covered with paper hangings. It is desirable that the room should be free from plumbing of any sort. The bed or crib must be so situated as to be out of the way of draughts. The bed proper should be a hair mattress protected by a rubber cloth placed beneath a double sheet. A bed must never be made up directly upon the child's leaving it in the morning but the mattress should be well shaken up and the bed coverings fully exposed to the air by throwing the windows of the chamber wide open for an hour or more. *Be sure that the room has regained its normal temperature and that the bed clothing is free from all dampness before the child is allowed to occupy it.*

Furnishings

Should there be any stationary washstand in the room, it must be kept perfectly clean and never used as a slop sink.

SLEEPING

A new-born baby will sleep eighteen or twenty hours out of the twenty-four but as he grows older he sleeps less and less. When he is a year old he will sleep fifteen or sixteen hours per day. *Regularity in sleeping hours is as important as regularity in feeding.*

Dr. Louis Starr gives the following rules: "From birth to the end of the sixth or eighth month the infant must sleep from 11 P. M. to 5 A. M. and as many hours during

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the day as nature demands and the exigencies of the nursery permit. This does not mean that the baby is not to be put to bed until nearly midnight; on the contrary, he should practically settle for the night at six or seven o'clock but the last feeding should be at eleven o'clock. After this he must rest undisturbed until the early morning hour, when he should be fed and put to sleep again.

Baby's Naps

" From eight months to two and a half years, a morning nap should be taken say from 12 M. to 1.30 or 2 P. M., the child being undressed and put to bed. Occasionally an afternoon nap for half an hour or more seems necessary, though, as a rule, sleep at night is more undisturbed and refreshing if this be omitted. As soon as thoroughly awake the child must be taken up, washed, dressed and fed. This is the only way to cultivate the habit of early rising, which promotes both bodily and mental welfare, and of all habits is the most conducive to a long and healthy life. By early rising it is not meant that the child shall be roused from a sound sleep by a rough voice or hand at a certain fixed hour in winter and an earlier one in summer, simply for the whim of a fad-ridden and overprompt parent. Quite the reverse. Let the child wake of his own accord, for he will do so — whether it be late or early — after he has had enough sleep; and if he must get up at a certain hour — never fix it before 7 A. M. — make the rousing process as gentle and gradual as possible. Sudden rousing excites the brain, quickens the pulsation of the heart, and if

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LEONARD GUY MORGAN

repeated, may lead to serious consequences." (*Hygiene of the Nursery.*) *Do not get the baby in the habit of being rocked or walked to sleep.* "To walk the floor night after night, or to be obliged to sit up with a healthy child and sing it to sleep, is a form of martyrdom entirely uncalled for. Provided one is sure that the baby is not sick, it should be put to bed and not taken up again to induce it to sleep, and the mother should avoid sitting in the room unless she wishes to be obliged to sit there every evening. If the little one never knows any other way than this of being put to sleep, there will usually be no difficulty in the matter after it has once learned its lesson: but to begin the training and not persistently continue it is a fatal yielding of which the child will be sure to take advantage." (*Care of the Baby* — Dr. J. P. Crozer Griffith.) Conversation or a bright light should never be permitted in the bedroom after the child has settled to rest. It is best for the baby to lie on one side, then if a little milk comes up it will not choke him. After he has slept for some time on one side it rests him to be turned over upon the other.

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"MISS LADY" BELL

Never neglect to remake the bed if the sheets become wet or soiled, no matter at what hour the accident may occur. Much trouble in this direction may be avoided by regularly taking up the child at the time of the last feeding and encouraging a thorough evacuation of the bladder.

EXERCISE

At the age of two weeks the child may be taken from its crib two or three times a day, placed upon his back on a pillow and carried about in the arms for ten or fifteen minutes. At the age of one month the pillow may be discarded and longer walks taken. The infant may be in a reclining position, with the head and body thoroughly supported. At the age of four months the child will be sufficiently strong to maintain a sitting posture for a short time provided the head and shoulders are supported. After the age of eight months the child ceases to require the support of the head and back when carried in the arms. As the back bends very easily in any direction in infancy, permanent curvature must be guarded against by carrying the child on each arm alternately.

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Fresh Air

Daily exposure to the outside air is requisite for the maintenance of perfect health as soon as the child has arrived at the proper age, provided the weather is favorable.

When the child is four to six weeks old it may be taken out, if in the summer time, and kept out for ten or fifteen minutes, and afterwards for a longer time.

It is a great mistake to suppose that the baby ought to be in the open air every day, no matter what the weather. When it is cold or windy or the streets are especially damp it is much better for the child to remain in the house. In inclement weather it is a safe plan to open the windows in one of the rooms of the house, and wrapping the baby thoroughly, walk with it as if it were out of doors.

Up to the age of four months, the child, if taken out, should be carried in the arms. In this way, being carried close to the nurse's body, he is kept warm and is far more comfortable than in a baby carriage. Never allow the sun to shine directly in the baby's face at any time, whether he be asleep or awake.

See that the wind does not blow in his face and that the feet and hands are properly covered and warm. The least chilliness of these is a warning to go indoors. Under no circumstances, in the summer time, should a baby be taken out in the middle of the day in the hot sun.

When the child arrives at an age when it is difficult to carry him, he may be given his daily airing in a baby

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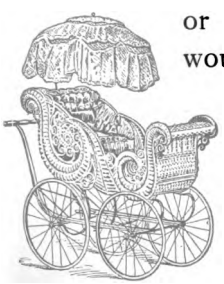
carriage. This vehicle should have easy springs and rubber tires and run smoothly without jolt or jar. It must have a sunshade, which ought always to be used when necessary. The lining should be of a dark color, preferably green or brown. This is a matter often overlooked, but it is of considerable importance, as a white, red or yellow lining may seriously injure the eyes, for in bright sunshine it reflects the glare from the sidewalk or roadway.

The Carriage

If the child is sent out in a baby carriage in the care of a nurse, the mother should assure herself that the nurse can be relied upon to attend to her duties in a proper manner. "The necessity for this caution," says Dr. Keating, "any mother can see for herself by going to one of our city parks and watching the congregation of nurse girls assembled, noting the position of the baby carriages and the condition of their occupants. A child will be left facing the bleakest March wind, or with the midsummer sun fiercely attacking its unprotected head, while the nurse will be engaged in conversation with a number of her friends.

"I have often been at a loss to know how mothers could select these young, inexperienced creatures to take care of their children, knowing full well what would be the consequence, and then be surprised if the child should be taken with a severe sore throat, earache, pneumonia or inflammation of the brain, as a consequence. It would be far better if all children, until they were old



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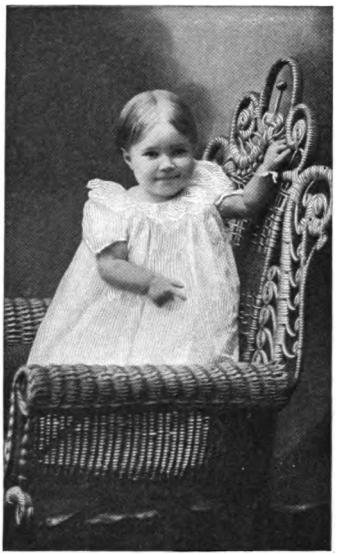
enough to sit up by themselves, were carried by their nurses in their every day outing, and that after a child is too big to carry, and too young to walk, it should sit up in its carriage well wrapped, while the nurse takes a long walk, with the distinct understanding that under no circumstances is the carriage to be stopped; when she is tired she is to come home."



GRACE LILLIAN RILEY

A child is usually able to sit alone at the age of seven or eight months, and after nine or ten months he will begin to creep. In most cases he will walk at from thirteen to fifteen months. Children, however, present great differences in this respect, and a few months more or less may be required in special cases. Do not urge the child to walk but let him creep as long as he will. When his muscles are strong enough he will make the effort to walk and will progress as fast as it is safe or desirable. Never lift a baby by his hands or arms. Thoughtlessness in this respect is liable to cause displacement of the elbow joint or even the shoulder and is almost certain to strain the delicate muscles. In lifting a baby the mother should place her hands on either side of his chest below his armpits and gently raise him to the required position. The very common custom of swinging young

In Lifting Baby

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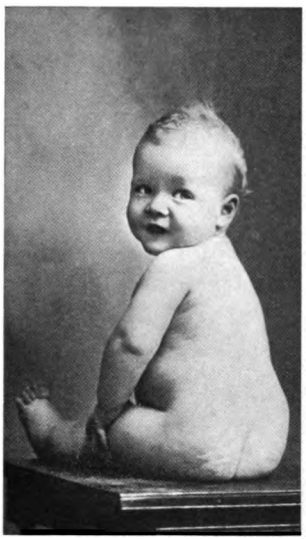


ARTHUR BENJAMIN WITHERELL

When Baby Creeps

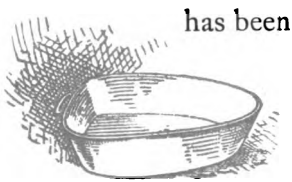
infants by the limbs is highly improper. Do not trot babies on the knee, especially after feeding. It often causes vomiting and indigestion.

Babies ought never to be played with before the age of five or six months and the less of it at any time the better. Babies ought to be kept quiet. They are easily excited by too much talking, singing, etc., and become nervous, irritable and wakeful.

When the baby begins to creep, he must be carefully guarded from draughts. The air next the floor is usually much colder than that which is a foot or two higher in the room. Many children contract colds by creeping on the floor and they often recover slowly from continued exposure in this manner.

BATHING

Unless there is some contrary indication the baby must have his daily bath, but it must be given in such a manner that it will be pleasant for both the mother and the child. It is too often the case that the bath time is a trial and is looked forward to with dread. To prevent the fear of the bath, rough and sudden plunging of the child into the water should be carefully avoided. Fear which has been acquired in any way may sometimes be overcome



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by putting the child into an empty tub and gradually adding water, increasing the amount from day to day.

"The bath should be given with tenderness and soothing kindness and without rough handling. By persuasion, care and a playful, gentle tone of voice, the water will soon produce no fear but be a source of amusement and joy." (Genevieve Tucker, M.D.) The bath should be given as nearly as possible at the same hour every day, but never immediately after eating. An hour, at least, should elapse after taking food.

The water for the bath should be soft and free from sediment. Turbid water must be filtered. As the temperature of the bath is very important, a bath thermometer is almost indispensable. The tube is cased in wood to prevent breaking and also to prevent the instrument from sinking. In the absence of a thermometer the warmth of the water may be judged by the bared elbow — a much more delicate means than the use of the hand.

The temperature of the water should, at first, be 100° F. After a few weeks the temperature may be gradually lowered to 95° and after six months it may be from 90° to 95° in winter and from 80° to 85° in summer. The bath should be given quickly. The duration of the immersion should be, at first, one or two minutes, and later about five minutes. Besides the regular daily bath, the lower parts of the body should be sponged after each bowel movement.

Temperature

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C. G. MARSHALL

Some physicians forbid the use of soap in the infant's bath but if it be of undoubted purity, and contain no free alkali, there is no objection to its moderate use. The kind known as "best white Castile," prepared from olive oil, is, perhaps, as good as any.

In regard to powdering the child after the bath, Dr. J. P. Crozer Griffith writes as follows: "In theory the drying should be so perfect that powder is not needed. In practice, however, it is difficult to obtain this perfect dryness, or to appreciate the failure until the production of chafing and fissures of the skin shows that there has been a fault in this respect. It is therefore a useful plan, after using the towel as thoroughly as possible, to powder the folds of the skin, as around the neck, about the ears, in the arm-pits and groins, and behind the knees. The powder used should be of the simplest kind, such as finely powdered starch or lycopodium, or still better, talc. It is best to avoid various scented powders on the market, since they may contain impurities. Sometimes a little vaseline or cold cream may be applied with advantage instead of the powder. This is especially true if the creases in the skin appear to be somewhat too dry."

Perfect Drying

The face should be washed first and then the head, so

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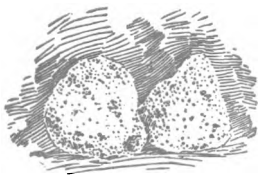
that any impurities from the rest of the body do not get into the eyes. While these parts are being washed the body should be kept covered with a light flannel blanket. Two sponges should be used for bathing — one for the face and head, and the other for the body and the extremities. A soft flannel washrag is very useful for the baby's bath. It readily takes soap and can be rubbed over the skin without danger of injury. Both sponges and washrag must be used exclusively for the baby and never employed for any other purpose than bathing. They must be thoroughly cleaned and dried every time they are used. Two towels are necessary, one for the face and the other for the body. The towels should be of fine, soft material, be dry and warm when used, and be perfectly clean before they are applied to the body of the child.



CLOTHING AND THE MAINTENANCE OF BODILY HEAT

Although the infant is being fed with proper heat-yielding food, due care must always be exercised and every means used to maintain the warmth of the little one.

Warmth

He should not be sent out in too cold weather, or if it is necessary to do so, he should be warmly clothed to prevent loss of heat. The infant must be warm in his cot and well covered when out of it. Above all let him be held in the arms when feeding, since by holding a child close to the body, not only is the escape of heat

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MORGAN and LEWIS SANBORN

prevented, but additional warmth is given. The feet must always be kept warm.

It must be remembered that neither clothing nor blankets are a source of heat in themselves; they are merely non-conductors of heat and prevent loss of the heat which the child produces from his own body. By warm clothing is meant clothing which prevents this loss of heat as much as possible.

It is advisable that the underclothes of the infant should be made of flannel. Flannel allows perspiration or moisture to evaporate quickly, while cotton and linen absorb and retain perspiration.

Children should not be dressed in a way to leave their legs or knees bare. Dr. Starr declares that this is a barbarous and injurious practice, as it exposes a considerable part of the body to constant chilling.

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Clothing

The bands which a baby wears should be knitted and have shoulder straps which require no pins. There is great danger that pinned bands may be too tight. They should never be tight. The baby should always feel comfortable and free in his clothes. A baby's diapers should always be clean and dry. They should never be merely dried and used a second time. They should be washed and rinsed in boiling water and always thoroughly dried before they are used. There should be no soda nor bluing used in the water and the soap must be thoroughly rinsed out after each washing, otherwise the dried particles of soap will surely chafe the child's tender skin.

Toilet powder should be used very sparingly, if at all. Too much powder clogs the pores of the skin and does more harm than good.

Common pins must never be used about a baby.

A baby's bands should not be taken off until he has finished teething. Night and day, summer and winter, the baby should have flannel about his bowels. He is far less likely to have summer complaint if he wears bands.

CARE OF THE MOUTH AND TEETH

Dr. J. P. Crozer Griffith gives some useful suggestions in regard to certain other matters connected with the baby's toilet. He says: "Babies are much disposed to various forms of inflammation of the mouth. It is necessary, therefore, that a toilet of the mouth be performed systematically. This must be done with the greatest care

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Gentleness

and gentleness. Nurses often forget their own strength and roughly force a big finger into a delicate little mouth, thereby doing much more harm than good. To perform the toilet properly, a little absorbent cotton should be wrapped around a smooth stick. This is moistened in boiled lukewarm water and if used gently in washing, can be employed very satisfactorily. The washing should be repeated three or four times a day, or better still, after each feeding, using a fresh piece of cotton on each occasion. Care must be taken to prevent the accumulation of tartar upon the teeth. A deposit of tartar is the commonest cause of inflammation and receding of the gums and nothing but diligent watchfulness will prevent it." (*The Care of the Baby.*)

MOVEMENTS OF THE BOWELS

Regularity

After a child is a month old, he may have from one to three movements every twenty-four hours. In appearance they should be soft and yellow and should contain no lumps. A child may be trained to be regular in the movements of his bowels and by the third month he may be taught to use the chamber or chair for his movements.

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GROWING CHILDREN

PON the feeding and housing of the child for the first ten years of its life will depend largely its physical and mental capacity." During the period of active growth and development of the body, a child may be languid and disinclined to either bodily or mental exertion. This condition often demands food which can be properly assimilated. Mellin's food prepared with milk will relieve the languor by supplying nourishment which at once enters the circulation. The directions given here for preparing Mellin's Food need not, as in the case of infants, be followed exactly. *The amount of Mellin's Food may be increased or diminished to suit the taste or needs of the child. It may be dissolved in clear milk, or milk and water, or water only;* it may be salted or flavored and can be used hot or cold; it may be added to a cup of cocoa, or eaten sprinkled on bread or toast.

WALTER B. EBERLE

Pleasant Taste

"A pleasant addition in summer to a supper of bread and milk, or to a glass of milk, for a child over a year

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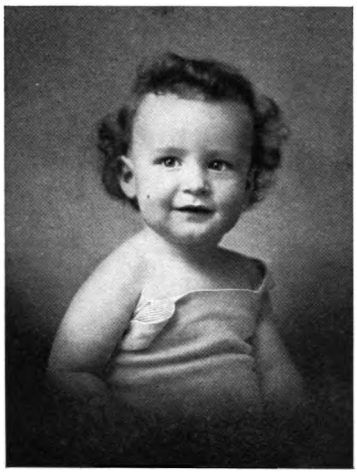

JAMES ROBERT CLAIR

old, is a tablespoonful of Mellin's Food, stirred into the cool milk, (where it will not dissolve,) and will please the palate, inasmuch as it tastes like molasses candy. It is a valuable but somewhat expensive supplementary food for growing children. I have frequently seen two children of five eating it dry with as much enjoyment as I have seen others show when eating candy, and certainly it was with less detriment to themselves than if they had been indulging in the use of what should have small place in nursery dietaries,—i. e., candy." (*How to Feed Children*—Louise E. Hogan.)

Formulas for Growing Children

Take of Mellin's Food . one to two tablespoonfuls
Milk . . . . one-half pint

Dissolve the Mellin's Food in a little hot water and mix it with the milk. Salt or flavor if desired.

Take of Mellin's Food . one to two tablespoonfuls
Milk . . . . one-half pint
One egg
A pinch of salt

Beat the egg thoroughly and add to the Mellin's Food and milk. Sweeten or flavor if desired.

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As much of either of these mixtures as is desired may be taken midway between meals and at bedtime or at any time when the need of it is felt. It should be sipped slowly and it is often best relished when quite cold. *Between Meals*

"Whatever the career which lies before the boy or girl, good health will assuredly be one of the prime conditions of success." — *London Lancet.*

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NURSING MOTHERS

ELLIN'S Food is a great boon to nursing mothers, especially to those with whom ordinary food does not make up for the drain upon the system, possessing as it does satisfying and nourishing properties of a very high order. It is far superior to malt liquors, which are so often resorted to by nursing mothers to increase the flow of milk, since it not only increases the quantity but also improves the quality of the milk. The mother's strength is sustained and at the same time the child is well nourished. Its efficacy is attested by physicians who have prescribed it and by mothers who have used it. It may be used as directed below or prepared to suit the taste, the proportion of Mellin's Food being increased or diminished as is found agreeable; it may be taken freely as often as is desired.

To Increase Mother's Milk

Take of Mellin's Food . one or more tablespoonfuls
Milk . . . . one-half pint

Dissolve the Mellin's Food in a little hot water and mix it with the milk; add a little salt if desired. *It is more generally relished cold.* If more agreeable, it may be prepared by dissolving in water instead of milk.

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INVALIDS

HAZEL MARION ELLIS

THE subject of food, important as it is to a person in health, is of greater importance to the invalid or one acutely ill. "The comfort, vigor and efficiency of life depend upon the waste of the system being satisfactorily supplied, and any deficiency will result in injury. Now if this be true in a healthy condition, much more is it enforced when disease increases the waste." "In chronic or acute diseases in which repair of the tissues is needed, the administration of food should be as carefully regulated as in early life."

Nourishing

Ordinary diet is, of course, inadmissible. The food must be suited to the patient's enfeebled condition — be readily digestible, nutritious and given in a proper manner. The great value of predigested carbohydrates in acute disease and all forms of malassimilation among adults is now well known. Such soluble carbohydrates are found in typical form in Mellin's Food, the starch therein having been transformed into maltose by the

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BABY COMSTOCK

action of malt diastase, in the same manner and with the same result as by the action of salivary diastase in the process of digestion. "Malt plays an important part in predigesting the starchy foods, converting them into saccharine carbohydrates, which are the final products of the physiological digestion of amylaceous substances."

Mellin's Food is therefore *ready for immediate assimilation* by the digestive tract and its nourishing and sustaining powers are at once felt by the system.

Easily Assimilated

Dr. J. Milner Fothergill, in his Manual of Dietetics, says: "A suspicion that there is a difference between merely getting food down into the stomach and its digestion is abroad; and that a tablespoonful of milk and Mellin's Food, which is digested, is really better for the patient than a beefsteak, which simply passes through the alimentary canal. To supply to the much-tried organism that which it really requires is to give the most efficient help to it."

In all cases of enfeebled digestion, whether from chronic or acute illness, as in Dyspepsia, Consumption, Nervous Prostration, and Fever, its usefulness as a diet is now unquestioned.

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Appetizing

Take of Mellin's Food . one to two tablespoonfuls
Milk . . . . one-half pint

Dissolve the Mellin's Food in a little hot water and add the milk. Salt or flavor if desired. If made some time before it is needed, this preparation acquires a creaminess which is very appetizing.

Take of Mellin's Food . . . . . two tablespoonfuls
Water, hot . . . . . one-quarter of a pint
Milk . . . . . three-quarters of a pint
Best brandy . . . . . one teaspoonful

Dissolve the Mellin's Food in the hot water by stirring, then add the milk and brandy. A little nutmeg or other flavoring may be added if desired. Instead of the brandy, a tablespoonful of port or sherry may be substituted.

Take of Mellin's Food . . . . . two tablespoonfuls
Water, hot . . . . . one-quarter of a pint
Milk . . . . . three-quarters of a pint
Best brandy . . . . . one teaspoonful
The yolk of two eggs

Dissolve the Mellin's Food in the hot water by stirring; beat the yolk of the eggs thoroughly, and add this with the milk and brandy to the dissolved Mellin's Food. Flavor or salt to the taste. A tablespoonful of wine — port or sherry — may be used instead of the brandy.

These preparations of Mellin's Food with milk will be well borne by a weak or dyspeptic stomach when taken warm; in many cases, however, they will be more keenly relished and be more acceptable to the stomach if kept

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on the ice for five or six hours before use, *the patient using them as cool as is grateful to the taste.*

Try Mellin's Food Cold

Take of Mellin's Food . . . . one tablespoonful
The yolk of one egg

Beat the yolk of the egg thoroughly, and add the Mellin's Food dissolved in a little warm water; sweeten to taste. This is an excellent preparation in irritability of the stomach.

Take of Mellin's Food . . . one tablespoonful
Sweet cream . . . . two tablespoonfuls
Sugar . . . . . two tablespoonfuls
Milk . . . . . one-half pint
Two eggs
A pinch of salt

Beat the eggs, sugar and cream together, add the milk and place in a dish of boiling water or over the teakettle. Stir constantly until the mixture thickens a little, take from the fire and stir three or four minutes longer. Then add the Mellin's Food dissolved in a little hot water and mix well. A teaspoonful of brandy or a tablespoonful of wine may be used or any flavoring which is agreeable.

Mellin's Food is sold only in glass bottles, which must be kept well stopped. Be sure that the trade-mark and name Mellin's Food Company are on every package. Mellin's Food can be obtained in all parts of the world, being manufactured and sold by the Mellin's Food Company of North America, the Mellin's Food, Limited, of England, the Mellin's Food Company for India, Limited,

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the Mellin's Food Company for Australia and New Zealand, Limited.

Write to us Any inquiries by mail regarding the preparation or use of Mellin's Food will be promptly answered. We are always glad also to receive photographs of children who have been fed on Mellin's Food, that we may use them in our advertisements. Every one of the photographs shown in this book is a picture of a Mellin's Food baby. The children themselves are our best testimonials.

A sample of Mellin's Food and a copy of this book will be mailed free to any address on request. We also publish a weight chart showing the normal increase in weight of a baby from birth to two years of age which we will send free to anyone desiring it.

MELLIN'S FOOD COMPANY
BOSTON, MASS.

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